section and configured such that the degree of adhesion of the first side of the first section to the substrate surface is substantially uniform such that the entire label, including the entire adhesive layer, detaches from the substrate surface when the tab portion is grasped by a user and lifted away from the substrate surface.

14. An adhesive label, comprising:

a first portion having opposing first and second sides;

an adhesive layer on the first side of the first portion, the adhesive adapted to releasably adhere the label to a substrate;

a second portion extending from an edge of the first portion, the second portion having a nonadhesive first side juxtaposed to the adhesive layer on the first side of the first portion;

the second side of the first portion has a surface adapted to be written upon with a pencil and/or pen; and

wherein, the adhesive label is adapted to remained adhered to a substrate during exposure to temperatures ranging between approximately –10°C and +50°C, and the entire adhesive label, including the entire adhesive layer, can be removed from the substrate after exposure to temperatures ranging between approximately –10°C and +50°C by pulling the nonadhesive second portion away from the substrate.

17. An adhesive label, comprising:

a label having first and second sections, each section having contiguous first and second opposite sides;

an adhesive layer adapted to releasably adhere the label to a substrate, the adhesive layer overlaying the first side of the first section only;

the second section forming a tab portion extending horizontal to the first section, the tab portion having an edge interconnected with an edge of the first

– should this be second section includes a tab portion extending horizontally from the second section and connecting w/ the first section

section, the interconnected edges forming a rounded edge, and the first side of the second section being nonadhesive;

B3

wherein, the label is adapted to be removed entirely from a substrate without tearing or leaving any remnant of the label or leaving residue from the adhesive layer by lifting the nonadhesive second section away from the substrate.

29. An adhesive label, comprising:

a first portion having opposing first and second sides;

an adhesive layer on the first side of the first portion, the adhesive adapted to releasably adhere the label to a substrate;

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a second portion extending from an edge of the first portion, the second portion having a nonadhesive first side juxtaposed to the adhesive layer on the first side of the first portion;

the second side of the first portion has a surface adapted to be written upon with a pencil and/or pen;

the second side of the first portion has a surface adapted to accept printing relating to food safety labeling systems; and

wherein, the entire adhesive label is adapted to be removed from a substrate after exposure to temperatures ranging between approximately –10°C and +50°C by pulling the nonadhesive second portion away from the substrate.